

Clover Corner



OWSLEY COUNTY 4-H NEWSLETTER - APRIL 2024

 Cooperative
Extension Service



Carissa Miske

CARISSA MISKE - OWSLEY COUNTY
Extension Agent for 4-H Youth Development

CAMPING



 Martin-Gatton
College of Agriculture,
Food and Environment

4-H CAMP

JM FELTNER 4-H CAMP - LONDON KENTUCKY

MAY 28 - 31, 2024

BREATHITT | JACKSON | LEE
KNOTT | OWSLEY | WOLFE



Applications Available
April 15th

Cost: \$30

Contact the Owsley County Extension Office
606-593-5109 Carissa.Miske@uky.edu



Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

4-H AFTERSCHOOL CLUB

Club Meetings
-April 28th
-May 15th

Owsley County Elementary School

Martin-Cannon
University of Kentucky

KENTUCKY 4-H Teen Conference

2024

100th ANNUAL
ILLUMINATE 4-H
LEXINGTON, KENTUCKY
June 11 - June 14

Explore college, future career paths, and gain leadership skills with 4-H

LOCATION
University of Kentucky
Lexington, KY

PRICE \$250
SCHOLARSHIPS AVAILABLE
FOR YOUTH IN 8TH-12TH GRADE

APPLICATIONS DUE MAY 15TH!

CONTACT 4-H AGENT CARISSA MISKE AT THE OWSLEY COUNTY EXTENSION OFFICE FOR MORE INFORMATION AND TO SIGN UP.
CARISSA MISKE@UKY.EDU 606-593-5109

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Visit one of four camps!

J.M. Feltner Memorial
Lake Cumberland
West Kentucky
North Central

Make new friends

86% of campers say that, "Camp helped me make a new friend."

Accomplish new goals

92% of campers say, "I accomplished new goals or skills because of a cabin leader."

Try new activities

74% of campers say, "I tried new activities that I was afraid to do at first."

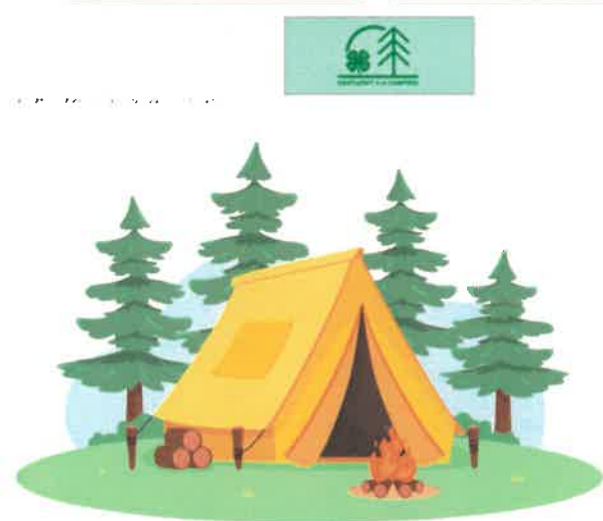
Find your spark at Kentucky 4-H Camp

Cooperative Extension Service

The 4-H Pledge

I pledge my head to clearer thinking, my heart to great loyalty, my hands to larger service, and my health to better living, for my club, my community, my country, and my world.

An Equal Opportunity Organization



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BUILD YOUR OWN RAMEN

Ingredients:

- 1 package of any flavor ramen noodles
- 2 cups of water
- 5 oz of canned or packaged chicken or tuna
- 1 cup mixed vegetables or vegetable of your choice
- Seasoning of your choice (garlic powder, onion powder, Italian seasoning, lemon pepper or all-purpose seasoning.)

Instructions:

1. Prepare ramen in a microwave (or stovetop) according to package instructions.
2. Add chicken or tuna and vegetables and heat for 30 seconds to 1 minute in the microwave until heated through.
3. Note: if using the seasoning packet included in the package, try using only half of the flavor packet and adding your own spices.

NUTRITION FACTS PER SERVING: 240 CALORIES; 40g TOTAL FAT; 10g TOTAL SATURATED FAT; 0g TRANS FAT; 45mg CHOLESTEROL; 710mg SODIUM; 31g CARBOHYDRATE; 3g FIBER; 30g TOTAL SUGAR; 0g ADDED SUGAR; 21g PROTEIN; 0% DAILY VALUE OF VITAMIN D; 4% DAILY VALUE OF CALCIUM; 50% DAILY VALUE OF IRON; 6% DAILY VALUE OF POTASSIUM.

YOUTH HEALTH BULLETIN



APRIL 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

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 Extension Office
 000 Street Road
 City, KY
 Zip
 (000) 000-0000

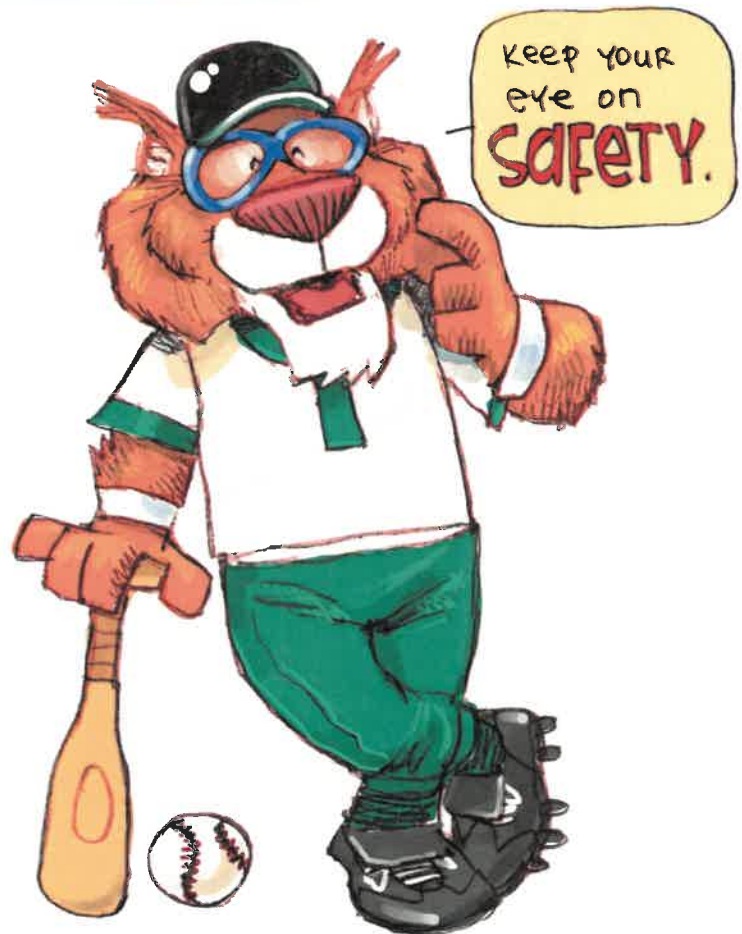
THIS MONTH'S TOPIC

WATCH OUT FOR EYE INJURIES

Your eyes are very small part of your body. But they perform a **BIG** job — helping you see! Do you know how to keep your eyes healthy? Taking care of your eyes includes being active, eating a lot of different fruits and vegetables, washing your hands before putting them near your eyes, and wearing goggles or glasses during sports or science class. Wearing sunglasses when you're outside also protects your eyes. Your doctor will check your eyesight from time to time to make sure you can see well. You might also visit an eye doctor, called an optometrist or ophthalmologist.

Sometimes, you can still have an accident, even when you are trying to be careful. Do you know what to do if your eye gets hurt or you get something in it?

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Disabilities accommodated with prior notification.

If your eye socket is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

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It is important for you to learn what to do if your eye gets hurt, so you can act fast and get help. Anytime you or someone else gets hurt, the first thing to do is find an adult who can help. An adult can help decide if an injury is serious enough to go to the doctor or if you can treat it at home.

A common eye injury in kids is getting hit in the eye with a rock, ball, or someone's elbow. If it is your eye socket (the area around your eye) that is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

It is also common to get tiny bits, like dust or sand, in your eye. It can hurt and make you want to rub your eyes to get it out. Instead, wash your eyes out with water. Splash water into your eyes several times to try to get all the dirt out. You might have to wash your eye out more than once. It might be several more minutes before your eye starts to feel better.

PROMPT
RESPONSE —
is VERY
important!



If you ever get chemicals in your eye, like a cleaner, battery acid, or ingredient from a science experiment, wash your eye out right away. Tell an adult. In this case, you need to go to a doctor to make sure your eyeball, eyelid, and socket are all OK. They may also give you eye drops to help.

If an object like a stick or pencil gets stuck in your eye, do not pull it out. Do not put any pressure on the object because it might go in further. An adult will need to take you to the doctor right away for help getting it out and not doing more damage to your eye.

Your eyesight is important to protect! Knowing what to do in case of an eye injury can help you be prepared and keep safety in sight.

REFERENCE:

<https://newsinhealth.nih.gov/2019/10/eye-safety-tips-kids>

Carissa Muske

ADULT
HEALTH BULLETIN

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